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Ottawa metro

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ROSEMARY WESTWOOD
Why the silence, McDonald's?
metroVIEWS

Diplomat's son deported

PLEA DEAL

Teen charged in murder case to serve probation in Canada

A teenager caught up in a double shooting in Florida that left his older brother dead has been quietly deported to Canada following a remarkable standoff between U.S. federal authorities and the state judge who sentenced him, The Canadian Press has learned.

American immigration agents escorted Marc Wabafiyebazu from Miami to Montreal earlier this month where he was reunited with his mother, Roxanne Dube.

"It's done. It's done. It's done," Dube, a senior diplomat, said in an interview from Ottawa.

"He has his life ahead of him."

Now 16, Wabafiyebazu is back home in Ottawa studying privately for his high school equivalency and reconnecting with family and friends as he relaunches his life shattered by the gunfire in March last year that killed Jean Wabafiyebazu, 18, and another teen.

Although authorities never accused the younger sibling of shooting anyone, he nevertheless found himself facing a minimum 40-year prison sentence on charges of felony first-degree murder. Instead, in a plea deal rarely seen before, Wabafiyebazu pleaded no contest in February to reduced charges of felony third-degree murder.

In exchange, Circuit Judge Teresa Pooler sentenced him to in-custody boot camp, house arrest, and a minimum five years probation to be served in the United States.

What neither Pooler nor prosecutor Marie Mato seemed to have realized at the time is that federal immigration authorities would have no intention of allowing him to serve his probation in the U.S.

> **He has his life ahead of him.**
> Roxanne Dube

In late July, immigration authorities went to pick him up. State authorities, however, refused to hand him over without Pooler's consent.

Pooler appeared to be exploring every legal avenue to keep the teen behind bars. On Sept. 2 she relented.

Two days later, agents with Immigration and Customs Enforcement spirited the teen from prison to a secret location.

He was flown back to Canada Sept. 6. THE CANADIAN PRESS

'HE'S JUST AMAZING'

A SINGLE MOTHER AND HER YOUNG SON MASON ARE FACING HIS HEART CONDITION TOGETHER. metroNEWS

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metro NEWS

Your essential daily news

Vancouver Royal-watchers come out for Will and Kate. **Canada**

5 DO-IT-YOURSELF TIPS TO GET YOU INSPIRED

DIY queen Leigh-Ann Allaire Perrault shares her top five tips — and some inspiring before-and-afters — for people getting ready to take on home projects. Her tips, taken from 10 years on Canadian lifestyle television, are good for projects of every size, from repainting an old wooden chair to redoing an entire kitchen. HALEY RITCHIE/METRO

1 Think about planning

"Whether it's the smallest DIY like painting a chair or something much bigger like a kitchen renovation, planning is so important. Be realistic about time and money. More than anything, people underestimate both. I always say add 20 per cent to your budget and add 20 per cent to your timeline. It gives you a buffer."

2 Practice makes perfect

"Don't make your own house your testing ground for a new technique or something you've never done before. Invest in some extra materials. If you've never used a water saw before and you're cutting tile, make sure you have extra material there to test out how it works."

3 Look for inspiration in your wardrobe

"Nine times out of 10 we don't wear things we're not comfortable in. We gravitate towards certain cues; whether it's colour, texture and so on. If you're stumped for inspiration – look there.".

SEE PERRAULT | IN PERSON

Meet Leigh-Ann Allaire Perrault at the Ottawa Fall Home Show, Sept. 30 at 4 p.m. and Oct. 1 at 1:30 p.m.

4 Know your limit, DIY within it

"If the thought of a compound miter saw scares the life out of you, don't use it. If you're not confident, be realistic about your list of tasks. Maybe a few of those tasks are better put to a professional."

5 Pick the right products

"Do your research on the latest technology out there and the right application and prep work. It's one thing to have great intentions – let's go paint the counter top – but if you don't use the right product and you're just using leftover paint from your porch last summer, it's not going to last."

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Ottawa metro

Video game themed café aims to be ground zero for gamers

RESTAURANTS

Oldest console is classic NES, newest is Wii U

Haley Ritchie
Metro | Ottawa

Video games brought Heather Powell to Ottawa, they helped her meet her life partner and now they've inspired her to open her own café — Rideau Street's Caffeine 1Up.

Powell, originally from Ohio, fell in love with the business of cafés and coffee shops when working for a small franchise. When she decided to open her own business she considered a franchise, but eventually decided to do things her own way.

"My coffee house needed to be more fun," she said. "Everyone has been so supportive and welcoming. My heart has been swelling the whole time since we've opened."

The details inside Caffeine 1Up — from pixelated window shades to a lamp that resembles a cloud — reflect her passion for games and coffee.

"When I'm not working, I'm gaming — I'm a huge gamer," she said.

Powell brought that life-long love into the new shop at 362 Rideau Street, a café that offers a chance for patrons to pick up a controller on one of the many gaming consoles displayed in the shop.

The oldest console available to use at the café is her own childhood NES, while the newest is a Wii U. Most of the game cabinet comes from her own collection. A computer she built herself allows patrons to play smaller games — including titles from Ottawa's own indie developers.

Powell's café doesn't have a liquor license, meaning first-year university students and families with young kids are welcome in the evening hours.

Heather Powell is the owner of Rideau Street's Caffeine 1Up, a video game themed café celebrating their grand opening this week. HALEY RITCHIE/METRO

In time she sees the shop becoming ground zero for Ottawa video game fans, offering launch events and specially themed tournaments.

"It's all welcoming and all inclusive," explained Powell.

The menu reflects that ideal too; offering gluten-free goodies from local bakery Strawberry Blonde and handmade sandwiches that include vegan options.

> **"You don't have to play games. I won't be forcing anyone to play Super Smash Bros.**
> Heather Powell

One table that includes a screen and console is specially designated

"Looking for Group" — meaning anyone coming in alone has an open invite to join in. "I don't want to alienate people who aren't into games too — we're here for people who just want a really good local coffee shop. We've got that covered, you don't have to play games. I won't be forcing anyone to play Super Smash Bros," she said.

Program manager **Jonathan Morel,** left, and executive director **Robin Etherington** in Bytown Museum's children's exhibit. MICHELLE NASH BAKER / METROLAND MEDIA

MUSEUM

Awesome gift helps bring youth exhibit to Bytown

A group of youth working in Lowertown has just received an awesome gift.

The group, the Bytown Museum's Youth Council, is the recipient of September's Awesome Ottawa award.

The $1,000 award will help the council complete a permanent exhibition at the Bytown Museum, which will highlight the history of youth in Ottawa with a photo exhibit depicting 100 years of Ottawa's youth.

The exhibit will become a part of the children's exhibition corner on the second floor of the museum — an area the youth council has already made their own as a permanent exhibition of youth in Ottawa.

Museum executive director Robin Etherington said the youth council is one of the best ideas the museum has created.

The group is made up of about 10 to 12 youth, ranging in ages 16 to 23 years old, was created in 2012. Over the past three years,

Etherington said it's been amazing watching some of the 16 year-old members eventually start university — all the while delving deep into Ottawa's history.

Jonathan Morel, the museum's program manager, agrees.

"It's a group of engaged youth who have a hunger to learn and appetite for history," Morel said.

$2M
The amount that has already been awarded globally.

Youth Council facilitator Corrie Bouskill said she has found working with the youth group inspiring.

"Watching seeds of an idea grow into tangible 'for youth, by youth' projects that positively impact our community has been incredibly rewarding for me as their facilitator," Bouskill said.

Awesome Ottawa showcases levels of awesome in the universe, $1,000 at a time. At each chapter, 10 or so "trustees" each contribute $100 every month, and review applications received online to decide on the recipient of the pooled funds. Globally, more than $2 million has already been awarded — $80,000 of that by Awesome Ottawa.

For more information, visit awesomeottawa.ca.

MICHELLE NASH BAKER/METROLAND MEDIA

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Chronic illness takes big heart

PARENTING

Erika Godin takes raising a 'heart baby' on her own.

Haley Ritchie
Metro | Ottawa

Erika Godin and her 20-month-old son, Mason, are facing down hypoplastic left heart syndrome together. HALEY RITCHIE/METRO

From the outside, Mason Godin is completely average toddler. He's chubby-cheeked and keen to run around sharing his toys — until his lips start to take on a blue hue and he has to slow down.

That happens because Mason was effectively born with half a heart. He has a rare and complex condition called hypoplastic left heart syndrome — and his body has to work twice as hard to keep up with his regular toddler antics.

"There's no perfect solution or fix for this, it's just day-by-day, taking things as they come. That's the way it is with heart babies," explains his mom, Erika Godin, who has been dealing with her son's condition on her own since Day 1.

At the age of 20 months, he's already undergone heart failure and two open heart surgeries. He's been on feeding tubes, painkillers and blood thinners. There will be many more procedures to go through just to stay alive.

"He doesn't know, of course. He doesn't understand any of this," said Godin.

Godin was studying to become a translator in South Korea when Mason's arrival changed her plans. She returned to Canada on emergency funds and care at CHEO has kept her in Ottawa — although she and Mason are often forced to travel for care in Toronto.

His condition also brings a range of potentially deadly complications and a vulnerability to things as normal as a common cold.

While she has family in Kingston and Ottawa who help when they can, raising Mason on her own means Giron is alone facing the daily stress and fear — and the triumphs.

"Anything could happen anytime. A blood clot could be fatal," she said. "You're constantly worried. You're never not worried. It gets better and you have good days and then night comes and you're just thinking constantly: What will I do if this happens? You're waiting, constantly, for the inevitable."

"You never know when he could go into heart failure. I saw it happen and it was the worst time of my life, seeing my kid gray and lifeless," she said.

"With a sick baby, you really do learn to appreciate things a lot more. He was behind developmentally a lot because of lying in a hospital bed for nine months of his life. When he does do something that shows he's developing, I'm so happy. Every mom would be happy, but for me it means he's beating this and fighting every day. He's just amazing."

Unsurprisingly, raising a child with a serious heart condition also comes with a big financial burden. The constant medical appointments and care makes it hard for Godin to work outside the home.

"We get funding but we're maxed, it's just never enough," she said. "And we're constantly being audited. While I understand it, it's awful."

While some help is available, many of the necessary items for "heart babies" aren't covered by insurance. There's also travel costs involved in getting the specific care for rare conditions.

Godin is turning to the community for help raising funds for Mason's next procedure, planned for January. Details on the fundraising to help the family can be found at masonsgotheart.eventbrite.ca.

> **"You never know when he could go into heart failure. I saw it happen and it was the worst time of my life, seeing my kid gray and lifeless.** Erika Godin

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FUNDRAISER

Fallen sentry honoured

The memory of Cpl. Nathan Cirillo, the soldier who was fatally shot at the National War Memorial in downtown Ottawa, will be honoured at an inaugural canoe and kayak challenge featuring his name.

It's been almost two years since that Oct. 22, 2014 tragedy shook the foundations of Ottawa and beyond, and organizers are hoping the inaugural Cpl. Nathan Cirillo Memorial Cup Canoe & Kayak Challenge, featuring an afternoon of canoe and kayak races for teams and individuals, will entice the community to come together.

"It was a major tragedy and I think it hit everybody from east to west (and) the States," said Barbara Boucher, director of the Canine Citadel Society's Ottawa-based Boots 4 Pups chapter, which is organizing the event with Canoe Kayak Canada.

Cpl. Nathan Cirillo was fatally shot at the National War Memorial in downtown Ottawa on Oct. 22, 2014. FILE PHOTO

The Oct. 1 event will be a tribute, but also serve as an opportunity for more people, especially youth, to get out and enjoy an active lifestyle. It will also help generate much-needed funds to support military veterans and first responders living with post-traumatic stress disorder.

Event proceeds will go towards the training of service dogs for sufferers of PTSD and occupational stress injuries, which is what the Citadel Canine Society of Canada and Boots 4 Pups specialize in.

Already the Ottawa branch has paired one trained dog, a second dog is currently undergoing training, and the organization recently received another application for a trained dog.

The demand for such a service here is significant, said Boucher, but the cost is high. The price tag to train a dog is between $3,500 and $5,000.

A moment of silence will be held following the inaugural challenge to honour Cirillo's memory and sacrifice. The Memorial Cup that will be awarded following the challenge will also feature his name.

ERIN MCCRACKEN/METROLAND MEDIA

CRIME

Two dead in separate shootings

Ottawa police are investigating two separate shooting deaths this weekend.

The first shooting happened early Saturday morning on the 2100 block of Elmira Drive in the city's west end. Police identified the victim as 40-year-old Jacob Thompson of Ottawa.

Then, early Sunday morning, a 26-year-old man was shot on Shillington Avenue near Merivale Road. Police say he was dropped off at the nearby Royal Ottawa Mental Health Centre. He was later brought in life-threatening condition to The Ottawa's Hospital's Civic campus, where he died a short time later.

Police have yet to identify Sunday morning's shooting victim.

There have been 47 shootings and 13 murders so far this year.

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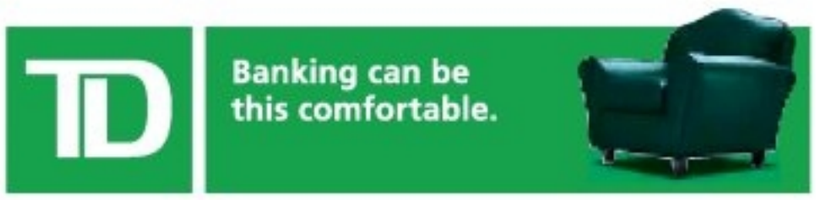

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With her backpack and trusty pair of hiking boots, Riverview Park resident Leah Nord has already spent months training for her first major hiking and camping expedition that will take her to the top of Mount Kilimanjaro, in Tanzania, Africa, in January 2017. ERIN MCCRACKEN / METROLAND MEDIA

Climbing to new heights

OUTDOOR SPORTS

Trek up Mount Kilimanjaro the first of many challenges

Leah Nord isn't one for bucket lists, nor is she an adrenaline junkie.

But when she sets out in January 2017 from the base of Tanzania's Mount Kilimanjaro for a five-day hike up more than 5,800 metres to the summit, she will be embarking on a life-long goal.

"It's always been a dream of mine," said the Riverview Park resident, adding that she's had this dream for so long — since she was a young child — she can't even recall where the idea came from to scale the world's highest freestanding mountain.

But she has a lot of confidence.

"It's doable," Nord said. "It's not impossible. This is a challenge and it's manageable."

Nord is no stranger to adventure or travelling abroad, having worked for many years in the international development field, as well as for the Red Cross's international programs. Nord's career took her to post-war former Yugoslavia for three years, and over the years she has been to Russia, Burundi, Rwanda, Kenya, Sri Lanka and Sierra Leone.

Today, she works for the not-for-profit Canadian Bureau for International Education, and continues to volunteer for a Red Cross program, monitoring the well-being of people after they are detained at the border.

"I'm not a thrill seeker," said Nord, 43. "I've spent my life helping people who are vulnerable around the world."

> "I've spent my life helping people who are vulnerable around the world." Leah Nord

Her upcoming adventure won't just be about the hike itself or accomplishing a major challenge. Nord has chosen to go on the journey with Outward Bound Canada, and plans to raise $4,000 for the organization that provides charitable programs and courses for military veterans, women and youth.

"The 'think global, act local' — this is doing something globally with the local connection," she said of her reason, in part, for choosing Outward Bound's expedition package. "It's about raising awareness about a great organization too."

Nord will be part of an eight-member group of Canadians. Supported by a guide and a team of workers who will help carry supplies, they will spend five days camping and hiking up to the top, and it will take two days to come down.

They plan to stagger their ascent to help them adjust to the altitude, and Nord's packing list includes altitude sickness pills. Her backpack will also include plenty of warm clothes as temperatures could dip to -20C.

Mount Kilimanjaro does not involve a technical climb, but it will offer a satisfying challenge for Nord, who is not a prolific hiker or camper. She began training for the journey in May, and now regularly hikes the Gatineau hills and exercises daily with yoga, swimming and walking.

Her upcoming adventure is more about the journey, rather than reaching the summit.

"It's important for the kids to know that you have a goal," said the mother of two children, ages 12 and eight.

Once she fulfills her dream of scaling Mount Kilimanjaro, what happens after that remains an unknown, though another adventure is likely in store.

There's always the 840-kilometre Bruce Trail, which begins in the Niagara region and continues north to Tobermory, Ont., as well as other hiking options throughout North America. Nord may even have her eye next on hiking sections of the Pyrenees mountain range, which spans France and Spain.

"I don't want to draw too straight of a line," she said. "There's a whole other world out there."

ERIN MCCRACKEN/METROLAND MEDIA

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L.A. police are hunting for a suspect in the killing of a man at a home rented by George Stroumboulopoulos. THE CANADIAN PRESS

Tributes to man found dead in star's home

An actor found dead at the Los Angeles home rented by television personality George Stroumboulopoulos is being remembered by friends and family as a free spirit who loved the outdoors and always had a smile on his face.

John Struthers, who went to high school with Richard Hong in Montreal, described his friend as "the type of guy it was tough not to like."

"He was just a good spirit and he always had a good attitude — smiling and fun-loving," he said.

Struthers said Hong grew up in Montreal before moving to Los Angeles to pursue an acting career. In high school, Hong was involved in sports and played on the basketball team, he said.

When they were last in touch about five years ago, Struthers said Hong had turned to surfing and was pursuing acting, but was otherwise "just the same."

"He was a positive spirit for everyone around him," he said. "For such a good person to be taken so early is really incredible."

Hong's sister also posted a short message on Facebook saying her brother would "forever be missed."

"He had such a sweet, pure & free loving spirit," Virginia Hong wrote. "He was too young to be taken so soon."

The 41-year-old actor was found dead early Friday. Police said he died of blunt force trauma.

A spokesperson for the Los Angeles police department said that no arrests had been made as of Sunday afternoon, and no suspects had been identified.

On Friday, officer Aareon Jefferson of the LAPD said that witnesses directed officers to the body of an "apparent homicide" victim and told them that a man in a black jacket was seen fleeing the area.

Stroumboulopoulos said in a statement Friday that he was "heartbroken" after a "dear friend" was found dead.

THE CANADIAN PRESS

Sex assault convictions not tracked

ARMED FORCES

Uncertainty remains despite success fighting misconduct

While senior military commanders point to an increased number of criminal investigations as proof their fight against sexual misconduct is working, military justice officials admit they don't know how many service members are ever actually convicted.

This week, defence chief Gen. Jonathan Vance told a Senate committee that there had been a 22 per cent increase in the number of alleged sexual offences reported to military police between January and June.

But the deputy commander of military police, Lt.-Col. Brian Frei, says he doesn't know how many of those who are eventually charged end up being found guilty.

The problem, Frei says, is that the majority of cases end up in civilian courts, which makes them difficult to track.

Frei says it's one of a number of statistical deficiencies that the military justice system is working to address as the Canadian Armed Forces tries to eliminate sexual misconduct in its ranks.

Defence chief Gen. Jonathan Vance told a Senate committee last week that military police are on track to see a 22 per cent increase in the number of reported sexual offences from the previous year.

"About half of these are old cases," Vance said. "This demonstrates to me that at least some of these victims now believe, perhaps for the first time, that we will hear them and take action."

Criminology expert Holly Johnson says such information is essential for instilling confidence in victims that their cases will be properly addressed and so military police learn from their mistakes.

THE CANADIAN PRESS

IN BRIEF

Canadian kidnapped in Libya

Ottawa has confirmed that a Canadian is among three people taken hostage in Libya earlier this week.

In a statement Sunday, Global Affairs spokesman Michael O'Shaughnessy says the Canadian government is "diligently pursuing all appropriate channels to obtain more information about this troubling incident." He said the government will not comment further or release any information that may compromise efforts to secure the hostages' release. THE CANADIAN PRESS

Bomb threats swamp Halifax

Police in the Halifax area say they responded to five unfounded bomb threats within about an hour Sunday.

The RCMP say they received a call at about 1:30 a.m. from an anonymous male, then another shortly after 2 a.m. Around the same time, Dalhousie University received a threatening phone message, and Saint Mary's University also received a bomb threat. Minutes later, police received reports of a bomb threat against a library.

Nothing suspicious was found in any case.

THE CANADIAN PRESS

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West goes wild for Royals

Will and Kate continue charming B.C. after touching down in Vancouver

The Duke and Duchess of Cambridge continued to charm Canadians on the second day of their visit to British Columbia and Yukon on Sunday.

The couple, without Prince George and Princess Charlotte, left Victoria on a float plane and arrived at Vancouver's Jack Poole Plaza, where several hundred royal fans gave them a noisy welcome.

British Columbia Premier Christy Clark, Vancouver Mayor Gregor Robertson and representatives of First Nations greeted them on the wharf.

The royal couple were dressed semi-formally for their visit to Vancouver, with William wearing a blazer and tie. Kate was wearing a red-and-white patterned dress by the late British designer Alexander McQueen, with her hair down, red shoes and a red purse.

The pair walked down a pathway through the crowd shaking hands and taking flowers, as well-wishers frantically snapped photos on their iPhones and cameras.

Prince William and Justin Trudeau admire a drum the prince was given.

Will greeted one side of the crowd while Kate spoke on the other. Both spent time talking with people and appeared to be trying to shake hands with everyone they could. As the pair finally got into a vehicle and left in a motorcade, there were cheers and cries of "Kate! Kate!"

Prince William told thousands at the legislature shortly after their arrival Saturday that he and Kate want to meet as many Canadians, from as many walks of life, as possible during their visit.

The couple's first stop was to the city's gritty Downtown Eastside, where they met several mothers and their children who are part of a unique program for women with children or who are pregnant and also have drug and alcohol addictions.

A small crowd gathered outside the outreach centre in hopes of seeing or even speaking with the duke and duchess.

Tamara Gardner, from the Vancouver suburb of Maple Ridge, brought along her 15-year-old daughter, Victoria, for the visit.

The pair held a bright neon sign with a picture of the Queen, taken at Windsor Castle on Easter Sunday.

"It's very exciting," Gardner said. "And it's special to see them with my daughter."

THE CANADIAN PRESS

ALL PHOTOS JONATHAN HAYWARD/THE CANADIAN PRESS

SPU PUBLIC SEMINARS

PSYCHOLOGY for Everyday Living

Psychology for Everyday Living are a co-sponsored monthly seminar series
by Saint Paul University and Capital Choice Counselling Group

September 29, 2016: Hugging the Growling Bear: Avoidant Men in Intimate Relationships
This seminar will review romantic attachment styles and especially the wounds and healing of avoidant men: women are most welcome! Martin Rovers, PhD, Psychologist and Marriage and Family Therapist, is a Professor in the Faculty of Human Sciences at St Paul University.

October 27, 2016: Youth & Mental Health
This seminar deals with youth and complex trauma and finding creative outlets for building resiliency, as well as unique ways of implementing therapy for youth. Stephen Leafloor, MSW, MSC uses the art forms of Hiphop to empower youth culture to explore their own healing.

November 24, 2016: Keeping the Shark Away:
Parenting Tools to Manage Child Mood, Worries, and Behaviors
This seminar will engage parents in activities that they can take home to promote positive child mental health, reduce worries, and address behavioral concerns in a manner that builds connection.
Dr. Laura Lynne Armstrong is a Psychologist who works with children, youth, and adults and an Assistant Professor at Saint Paul University in Ottawa.

OPEN TO THE PUBLIC, $20 AT THE DOOR, NO REGISTRATION REQUIRED

WHEN: 7 – 8:30pm WHERE: Saint Paul University, 223 Main St., Room 203, The Auditorium
cccg@rogers.com • 613-425-4257 • capitalchoicecounselling.com/relationships-matter-seminars

CAPITAL CHOICE COUNSELLING
UNIVERSITÉ SAINT-PAUL UNIVERSITY

Prince leaves Trudeau hanging

The British media honed in on what one outlet described as an "awkward" encounter between Prime Minister Justin Trudeau and the young Prince George in reports on the arrival of the Duke and Duchess of Cambridge in Victoria.

Several media outlets and newspapers focused on the brief appearance of the toddler and his 16-month old sister Princess Charlotte at Victoria's airport on Saturday, described as a "rare" occasion by The Sun newspaper since the children are not frequently seen in public.

The prime minister was among several dignitaries waiting on the tarmac to greet the royals when they emerged from their flight on Saturday.

After shaking hands with Prince William and his wife Kate, Trudeau knelt down to meet three-year-old George, who was holding his father's hand.

Trudeau was seen lifting his hand, trying to high-five the young prince, who shook his head and did not accept the gesture.

Videos and photos of the interaction were shared widely by British media.

The Mirror wrote: "Superstar politician Mr. Trudeau might have endeared himself to millions online through his outspoken feminism, support for diversity and willingness to embrace internet memes, but it seems to take more than that to impress Will and Kate's eldest."

Prime Minister Justin Trudeau and Prince George.

Similar reports were done by The Independent, with a story headlined: "Prince George leaves Justin Trudeau hanging after he goes for a high-five."

The Daily Mail shared a story with the headline: "Sorry, one doesn't high-five with commoners."

The Telegraph also took note of the incident with a story headlined: "Prince George and Princess Charlotte revel in a little mischief on Canadian tour."

THE CANADIAN PRESS

A huuuge showdown

U.S. ELECTION

Hillary and the Donald to finally go head-to-head in war of words

Donald Trump. Hillary Clinton. Yelling at each other, for once, instead of about each other.

The presidential debate on Monday is the first one-on-one showdown between two unpopular candidates who have tried to make the election about the abject terribleness of the other. With a record television audience expected, it offers each of them a critical opportunity to repair a tarnished image and reshape a close race.

Here's what you need to know:

THE BASICS: Time: 9 p.m. to 10:30 p.m. Location: Hofstra University, Hempstead, N.Y.

THE FORMAT: Six 15-minute segments on topics chosen by moderator Lester Holt, two from each of the vague categories he announced last week: "America's Direction," "Achieving Prosperity" and "Securing America." Holt will begin each segment with a question. Both candidates will get two minutes to respond. Then they'll get a chance to respond to each other.

Hillary Clinton and Donald Trump will have their first head-to-head debate Monday. THE ASSOCIATED PRESS

THE AUDIENCE: In Trumpese: huge. There is a chance the debate will be the most-watched campaign event in American history. About 70 million people watched the first debate of 2012; a Fox News Channel executive told Adweek that he expects 80 million to watch this one. "I think there's a lot more at stake here than in a normal presidential debate," said Alan Schroeder, author of Presidential Debates: 50 Years of High-Risk TV.

THE CONTEXT: Clinton's once-large national lead has shrunken to two points over the last three weeks amid broad concerns over her honesty and, to a lesser extent, her health. She leads in enough swing states to give her a victory, but now just barely, and she is underperforming with millennials. Trump's problems are numerous: a majority of the electorate thinks he lacks the knowledge and temperament to be president, non-white people overwhelmingly see him as a racist, and he, too, is widely seen as dishonest.

HOW MUCH IT MATTERS: Remember this during your hypothetical mid-debate and post-debate freakouts: whatever happens, even if it seems big, is unlikely to be the thing that decides the election; research suggests that massive debate "game-changers" more or less do not exist.

HOW THEY PREPARED: Like you'd expect them to: Clinton exhaustively, Trump sporadically.

FIVE PHRASES YOU WILL PROBABLY HEAR FROM TRUMP: "Believe me," "Tremendous," "We don't win anymore," "I will fix it," "What do you have to lose?"

FIVE PHRASES YOU WILL PROBABLY HEAR FROM CLINTON: "Tax returns," "economy that works for all," "rise together," "dangerous," "Ronald Reagan."

TORSTAR NEWS SERVICE

SYRIA

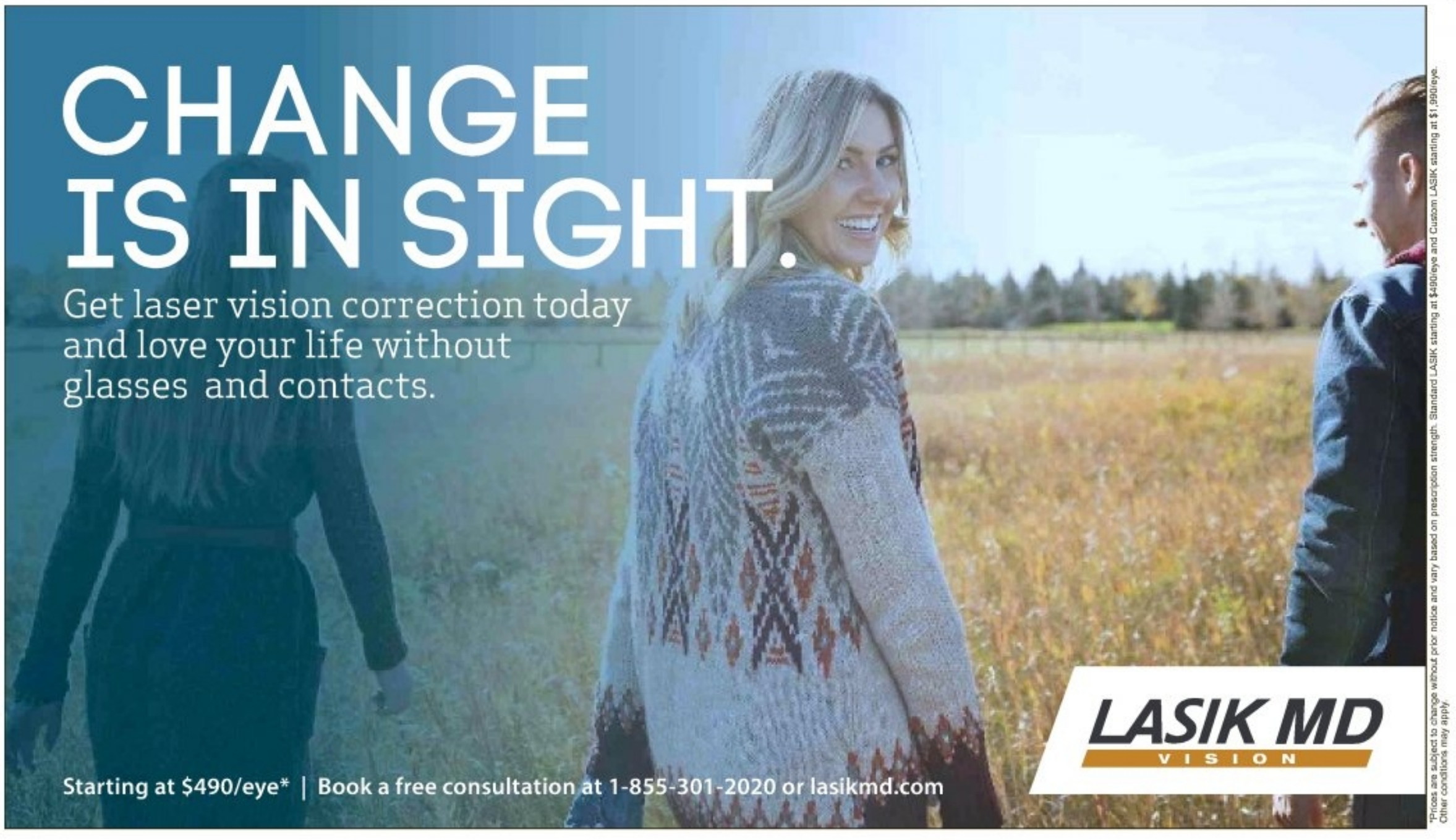
Shocking bloodshed in Aleppo

At least 26 civilians were killed in fresh government airstrikes on the contested city of Aleppo, Syrian activists said Sunday, as the United Nations Security Council convened an emergency meeting on the spiraling violence in Syria.

At the start of that meeting the UN's top envoy to Syria accused the government of unleashing "unprecedented military violence" against civilians in Aleppo.

Hospitals are overwhelmed with casualties and medical workers are expecting many of the wounded to die from a lack of treatment, according to Mohammad Zein Khandaqani, a member of the Medical Council, which oversees medical affairs in the city's opposition quarters.

"I've never seen so many people dying in once place," he said from a hospital in the city. "It's terrifying today. In less than one hour, the Russian planes have killed more than 50 people and injured more than 200." THE ASSOCIATED PRESS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Other conditions may apply.

metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

ROSEMARY WESTWOOD

McDonald's Canada owes this Halifax teen an apology

What began as a good news story as devolved into a bonafide mess around the pivotal issue of trans employment, and a Halifax McDonald's has some explaining to do.

First, Kenny Cooley made international headlines: A trans teen welcomed onto, of all things, a football team.

Cooley found "a family" in one of the most gender-normative, hyper-masculine spaces in our society. "You feel like you're a brother," he told media of his spot as wide receiver for the Halifax West High School Warriors.

Then, two days after his story hit the news, he was fired from his job at McDonald's.

Cooley told Metro News he was fired for a scheduling mix-up, and for all the media coverage he's earned. The McDonald's owner operator Bob Smith said the allegations are shocking, and "not true." The Halifax LGBTQ group the Youth Project is calling on franchise to give Cooley his job back and apologize.

That would be the obvious move. At the very least, Mr. Smith needs to explain why Cooley was let go, if it wasn't simply for being trans, and open about it. Especially when, for trans people in this country, a stable job is the kind of pivotal issue on which so much else depends.

Anyone with a passing interest in trans rights will know the well-documented employment discrimination. According to research from Trans PULSE in Ontario, the trans unemployment rate is at an incredible 20 per cent (it's 7 per cent nationally).

Kenny Cooley. JEFF HARPER/METRO

Only 37 per cent have full-time jobs, and the median income of trans people in Ontario is a mere $15,000.

The research found stories of trans people not getting jobs because of their gender, being fired or dismissed.

It's the kind of discrimination set to be made illegal under the Liberals' Transgender Bill of Rights, introduced last spring.

But it's not only a matter of human rights -- really, human dignity. The discrimination of trans Canadians is also bad for our economy.

A 2011 UCLA study into the economic impact of trans employment discrimination found that it cost the state of Massachusetts millions of dollars a year, plus at least $3 million in additional healthcare expenditures.

Of course, for Cooley, this is personal. "It kind of made me feel really bad," he told Metro of losing his job. "It's not right."

No.

And neither is the employment fate for so many other trans people in the country. But the truth is it's all too common.

TIMELINE
How Metro reached out to McDonald's Canada

Wednesday afternoon

Emailed McDonald's regarding allegations from Kenny Cooley. No response by 5 p.m.

Wednesday night

Metro went to Bedford location to speak with manager in question. Another employee said she wasn't available and we were asked to leave.

Wednesday night

Shortly later, a statement from franchise owner Bob Smith is released: "Shocked by these allegations as they are simply not true."

Wednesday night

Metro follows up with McDonald's to confirm Kenny Cooley was in fact no longer working for them. No response.

Thursday afternoon

Metro again emails McDonald's looking for response, including whether they will apologize to Cooley. No response.

Thursday afternoon

Thursday afternoon: Metro goes to Bedford location again to try and speak with manager. A different employee says she isn't there but takes our card and says someone will be in touch. No response.

URBAN ETIQUETTE
ELLEN VANSTONE
LIGHTNING ROUND

This week, in the interest of changing things up a bit, and offering fresh reminders about old issues, we decided to try a lightning round.

Is it OK to sit in the front seat of a taxi?

No. That's the driver's private domain, where you must not go without permission (e.g., when you're trying to squeeze in an extra person who won't fit in the back). While we're on the subject, when you're driving, always offer the front seat to the adults, and let kids and teens sit in the back seat.

Can I raid the fridge when babysitting?

If you're a teenager being paid less than minimum wage, help yourself to anything that is open, plentiful, non-alcoholic, and not likely to be missed. In return, make sure you leave the kitchen spotless. If you're a professional sitter, don't eat or drink anything unless you're also making it for the kids, or it's just a cuppa.

Can I raid the fridge when housesitting?

If the rules aren't laid out at the beginning, be discreet about what you eat. Eat up the perishables, then buy your own food. Nobody wants to come back and feel like their home has been raided by locusts.

Is it OK to take the last drop of milk for my coffee, or should I always leave a drop for the next person?

Take the last drop and dispense with the carton. It's not helping anyone to leave a single useless drop, especially if your ulterior motive is to avoid having to rinse out the container, put it into the recycling bin, and procure a new carton of milk.

What do I do if I forget someone's name in the middle of introducing them to someone else?

There is nothing to be done but apologize and admit it. The next step is to train every single person you know to follow this simple rule: When you are being introduced to someone, never wait for the person who's introducing you to come up with both of your names. Instead, leap in and say: "Hi! Nice to meet you! My name is [your name here]! What's your name?"

Need advice?
Email Ellen:
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Your essential daily news

U.K. police arrest man in hacking of Pippa Middleton's phone

NEW BOOK

Author argues homes aren't only way to build wealth

Genna Buck
Metro | Toronto

As a landlord, as a renter, and as an analyst at CIBC, Alex Avery has observed a culture, Canada-wide, of what he calls "cult-like" devotion to home ownership and a resulting epidemic of bad real estate advice.

His new book, The Wealthy Renter, encourages young would-be buyers to stop and think about what they could be doing with their money instead. He spoke to Metro about why renting has gained such a bad rap.

What convinced you to write this book?
Home ownership is so broadly promoted that renting has become a four-letter word. A lot of young Canadians are feeling a lot of pressure to buy into home ownership, at the same time as house prices have been rising, debt levels are high and interest rates are low. It's a very tough time to understand the housing market.

What should people think about when they're deciding whether to buy a home?
It's really important to understand the total cost of home ownership. The mortgage is just a small fraction. When looking at how much the value of their home has gone up, homeowners tend not to factor in the cost of renovations, maintenance and the interest they paid on a mortgage. They simply say, "This is what I started with, this is what I ended with." If they had put that into a different investment, they may have done better.

If I'm a renter, where should I put my money? I know nothing appreciates like a house, but ...
"Nothing appreciates like a house" is a huge misconception. House prices have actually massively lagged the TSX composite (Canadian stock market index) over the last 25 years. In fact, you would have delivered almost triple the amount of money buying into the TSX as you would have buying into the Canadian housing market. Home ownership comes with a forced savings program in the form of a mortgage. Renters need to replicate that through some other means. And many of those alternatives offer prospects for better returns than housing. It can be as simple as an automatic transfer into an investment account.

Many renters don't have much, or any, money to put aside at the end of the month. Does your advice apply to them?
I think that it applies to all Canadians, and one of the really negative things about housing is that it's not a scalable investment. You can't just buy $10,000 of a house. In Toronto, you have to buy $500,000 or $800,000 or a million dollars. In an exchange-traded fund or a mutual fund, you can do it a hundred dollars at a time.

Why do people want to own homes so badly? It's more than just a financial thing, it's a status thing.
It's a huge marketing campaign, by the real estate industry and by friends and family who may not understand other investments, and feel they've made a good choice by buying a home. The government of Canada is also a huge promoter of home ownership, and the reasons they do it are very good. But there isn't one prescription for everyone.

What surprised you most during your research?
The passion with which home owners promote home ownership. It really is a cult. There is no amount of logic, facts or supporting evidence that will convince a truly passionate homeowner that there's any better investment than home ownership.

Renting isn't all bad

'Nothing appreciates like a house' is a huge misconception
Alex Avery, author of The Wealthy Renter

INVESTING

Should you buy stock of familiar brands?

It's something financial planner Mark Coutts sees from time to time.

Clients come into his Toronto office and tell him they want to invest in a company's stock based solely on its brand-name recognition. Often, it's an investment strategy he cautions against.

"Just because you own an iPhone doesn't necessarily mean that Apple is the right stock for you. Just because you get a coffee every morning at Tim Hortons doesn't mean that's the right investment for you," said Coutts, an adviser at Sun Life Financial.

"It means you understand the product, but do you understand all the other factors you would normally consider when making any investment decision: the strength of the management, their competitive advantage, the maturity of the industry, the economic factors that impact that sector. Those are all factors you should bake into the equation."

The idea of investing in what you know has been touted by many, including legendary investor Warren Buffett.

The reasoning behind it is that people have a better grasp on what they're investing in if they understand the products or services of the company.

While owning a piece of large, well-known companies may be attractive to many, one of the risks investors can run into is missing out on the potential for faster or bigger growth if they only stick to the tried-and-true brands. With Apple, for instance, investors may want to buy the company's shares because they see the huge lineups out the door every time it launches a new product.

But getting in on the company now may be expensive, and there may be more growth opportunities if investors looks at smaller firms that may have a connection to Apple, such as its chip maker. Coutts says buying into big, brand-name stocks also doesn't guarantee perpetuity, such as the cases of Bombardier and the now bankrupt Canadian tech firm Nortel Networks, which both saw their shares plummet

THE CANADIAN PRESS

Clients often want to invest in a company's stock solely based on brand-name recognition and it's not always a good strategy. GONZALO ARROYO MORENO/GETTY IMAGES

Running the world's toughest races

ULTRAMARATHONS

Bloody toes and blisters don't scare these athletes

Ultramarathoner Paul Borlinha's next challenge is a 400-kilometre race through the Gobi Desert. This is a picture of him at the canyon water crossing in Chile's Atacama Desert when he ran the race a couple of years ago. CONTRIBUTED

Imagine traversing through a canyon of waist-deep water at an altitude of more than 3,000 metres. Imagine doing it for five kilometres, knowing it's a mere fraction of the distance you'll need to cover over the next six days in the driest place in the world. And, you've yet to arrive at the most punishing terrain.

The next day, if you're like Paul Borlinha, your feet are blistered. Your pack is heavy. You're briskly moving along broccoli-like rock formations. And there's a 40-kilometre stretch ahead of you before you reach the base camp.

At the end of the day, you'll be hydrated, you'll have a tent to protect you while you sleep and you'll get medical attention, if needed.

The rest is up to you. As you rest, you'll reflect on the sand dunes, salt flats and gravel that lie ahead.

This is a sample of what you'll encounter if you dare to sign up for a 250-kilometre, seven-day race through Chile's Atacama Desert, with little more than a 20-litre backpack carrying only the essentials.

This desert run is a niche variation of what's known as an ultramarathon, a race category that includes any distance beyond 50 kilometres.

A few days from now Borlinha will do it all over again, but with the bar raised. The 52-year-old, a race veteran who's finished nine ultramarathons and five Ironman competitions to date, will attempt to conquer a mind-boggling 400-kilometre course in the Gobi Desert.

If that sounds daunting, it is, Borlinha contends, but the training at times can be gruelling, too. It's a test of endurance and also a test of will. Yet, there's something within that compels him to constantly seek new challenges — what he says drives him the most.

"At the end of the fourth day, I had to drill some holes right down through my nails

Paul Borlinha on relieving the pressure in his toenails during a 250-km Atacama Desert race

"It's about a real deep focus," he said at a coffee shop in Toronto's High Park. He occasionally trains in the area. "You stop thinking almost. You're numb. In some cases, it's good. You don't feel the pain as much."

"The reality comes back when you start to feel the pain and it snaps you out of autopilot."

The 4 Deserts Race Series, which stages the Atacama Crossing, puts runners through the test on four continents, in some of the world's most extreme conditions: the Atacama Desert, Sahara Desert, Gobi Desert and the Antarctic. To date, after the inaugural Gobi March in 2003, more than 7,000 people have participated in nearly 50 competitions.

As one of 200-odd competitors enlisted in each race, there are moments when Borlinha — who in 2014 became only the third person to do all four in the series, as well as a Roving Race that annually changes locations, all in one year — said he had no choice but to confront pain.

"At the end of the fourth day, I had to drill some holes right down through my nails" to release the pressure, he said, which forced blood to explode "like a little geyser."

Somehow Borlinha, an entrepreneur who runs a creative agency, finds time to prepare.

He says it's difficult to formulate a consistent routine, but typically he'll run between 130 to 160 kilometres a week. Weekdays, he'll run 16 to 24 kilometres each day, split into two or three sessions. One run will focus on interval training; the other, elevation.

On most Saturdays and Sundays, he'll split 50 kilometres over three sessions separated by five hours of recovery time. The first is a warm-up; the next one is faster, usually along the Humber River if he's in Toronto; for the final one, he slows down the pace.

When the season changes, he still trains outdoors here as much as possible but since he's on the road frequently, he'll often head to warmer destinations to get mileage in.

In preparation for the fall Gobi race, he's conducted "experiments," for which he'll deprive himself of sleep and rest in short intervals to figure out an optimal pace.

After Gobi, Borlinha — known as The Beast in racing circles for his monstrous approach to a course — might be hard pressed to find a similar rush. Now that he's competing at this level, any lesser distance will bore him.

"I don't know what's next. I'll quit before I start doing a marathon."

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Stars get political in vote ad

Scarlett Johansson joins her Avengers co-stars in a Joss Whedon-funded video encouraging Americans to vote.
LIZ BEDDALL/FOR METRO

THE SHOW: "Save the Day" video
THE MOMENT: The real superheroes

One by one against a white background, celebrities implore Americans to register and vote. "The only way we can prove that your vote counts," Robert Downey, Jr. says, "is to have a lot of famous people . . ."

". . . Lots and lots of famous people," James Franco chimes in.

"A s-- ton of famous people," Julianne Moore says, "repeating how important it is."

Taran Killam: "You only get this many famous people if the issue really matters . . ."

". . . Like a disease," says Scarlett Johansson.

"Or a racist, abusive coward who could permanently damage the fabric of our society," says Don Cheadle.

Yow.

Writer/director Joss Whedon has put one million of his own dollars into a Super PAC for Hillary Clinton, and has assembled actors from his film Avengers: Age of Ultron and his TV show Agents of S.H.I.E.L.D. to make a series of videos leading up to U.S. election day, Nov. 8.

This first one is a media-savvy blend of tongue-in-cheek, self-reflexive moments — "Sometimes a not-famous person will be mixed in with the famous ones to drive the message home with their unpolished sincerity," say two not-famous people; the celebs "surprise" Mark Ruffalo by claiming he'll appear naked in his next film if people vote — mixed with impassioned stings, such as Cheadle's.

Though neither Clinton nor Donald Trump is mentioned by name, the villain here is clear. "Help protect this country from fear and ignorance," says Bradley Whitford.

The superheroes aren't wearing their capes, but they sure are flexing their star power.

The video can be seen at savetheday.vote.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BUSINESS

With no will, estate of Prince still in flux

Work to settle Prince's estate is moving forward, and a closed hearing is expected to be held this week to resolve an undisclosed dispute between the likely heirs and the trust company that's managing the estate.

Court papers say only that the dispute involves "confidential business agreements."

Five months after the musician's death, here's a look at where things stand:

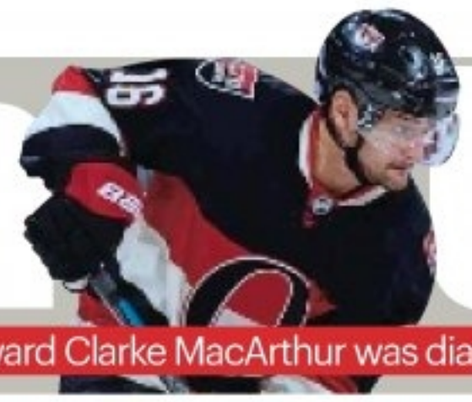
Still no will

No will has surfaced since Prince died of an accidental painkiller overdose in April, so his sister, Tyka Nelson, and five half-siblings are likely to be declared the rightful heirs within the next few months. Carver County District Judge Kevin Eide has not made an official declaration or said when he will. He has rejected numerous claims by people who said they were Prince's children, wives and cousins, or that they otherwise deserved a piece his estate. The main question remaining is whether a woman and girl who claim to be Prince's niece and grandniece are entitled to shares. The judge plans to hold one or two hearings on that in November.

Claims deadline

A Sept. 12 deadline set by the judge for claims against the estate passed quietly. Most businesses that say they're owed money have been filing their claims directly with Bremer Trust, and those claims aren't public information. While people who claim to be Prince's heirs are supposed to have filed with the court by now, it's possible that more claims could trickle in. But the legal bar for getting taken seriously at this point is high.

THE ASSOCIATED PRESS



metro SPORTS

Sens forward Clarke MacArthur was diagnosed with a concussion Sunday after taking a hit from defenceman Patrick Sieloff during a scrimmage

Jays match Yanks' ninth-inning rally

MLB

Toronto wins its third straight game in a walkoff

The Blue Jays celebrate their victory over the Yankees after Edwin Encarnacion, right, drove in the winning run on Sunday. RICHARD LAUTENS/TORSTAR NEWS SERVICE

The air in the Blue Jays' clubhouse, home to $135-million-plus US in baseball salaries, got a little richer Sunday as members of Team Canada dropped in to say hello.

Carey Price, Steven Stamkos, John Tavares, Shea Weber and others, some wearing Blue Jays hats, came bringing gifts in the form of Canada jerseys.

In return, they got a lesson in perseverance from the Jays who fought off a ninth-inning New York comeback with one of their own to edge the Yankees 4-3 before a Rogers Centre capacity crowd of 47,896 with the lid open, the 38th sellout of the season.

The Yankees, who had been shut out their three previous games, had gone ahead 3-2 after getting to Toronto closer Roberto Osuna for two runs in the ninth.

Osuna (3-2) gave up singles to Mark Teixeira and pinch-hitter Billy Butler. Then, with one out, Mason Williams' RBI single tied the game at 2-2. And the Yankees went ahead on Ronald Torreyes' sacrifice fly.

Melvin Upton Jr. walked to open the bottom of the ninth and moved to third on a Kevin Pillar single off Tyler Clippard (1-3). Upton scored on Ezequiel Carrera's bunt with Clippard given an error on the play.

Devon Travis struck out and Josh Donaldson was walked intentionally to load the bases for Edwin Encarnacion, who slashed a single through the right side of the infield to score Pillar. That brought the jubilant Jays out of the dugout for a celebration.

"It was a good game today, a great game today. Well-played baseball," said Jays starter Marco Estrada, who pitched seven strong innings. "We bunted a few times which was huge. I like seeing these things. We don't always need a homer to win these games. So it was a fun game to watch."

Toronto (86-69) has won five of six — and seven of 10 after a 3-9 start to September. Over the season, the Jays are 19-24 in one-run games, winning their last five.

"We've been playing good baseball the last week," said manager John Gibbons.

"It looks like it's a pretty good sign. We'll see," he added.

Also Sunday the AL East-leading Red Sox stayed 5-1/2 games up on Toronto by beating Tampa 3-2 in 10 innings for their 11th straight win. THE CANADIAN PRESS

SUNDAY In Toronto

4	3
BLUE JAYS	YANKEES

OBITUARY

Stampeders mourn loss of DB Hicks

Mathew Silver
For Metro | Calgary

The Calgary Stampeders are mourning the loss of one of their own.

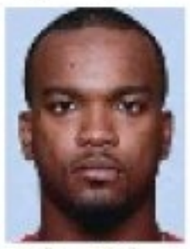
Mylan Hicks, 23, was shot and killed outside of Calgary's Marquee Beer Market early Sunday morning.

Joshua Bell, a 31-year-old Stampeders veteran said he left the nightclub before the shooting occurred.

"We lost family today," Bell said. "Everybody doesn't react the same but we lost family today, we're hurting."

Police responded to a report of gunshots at about 2:30 am, and transported Hicks to hospital in life-threatening condition. He later died as a result of his injuries.

Three suspects have been taken into custody and an autopsy is expected to be completed on Monday.



Mylan Hicks
THE ASSOCIATED PRESS

Hicks was a member of the practice squad, and signed with the Stampeders in May.

"Obviously this is an extremely difficult and upsetting time for the players and staff," said team president and general manager John Hufnagel. "Our thoughts and prayers go out to Mylan's family."

WORLD CUP OF HOCKEY

Europe books date with Canada in final

Tomas Tatar scored twice, including the overtime winner, as Team Europe stunned Sweden with a 3-2 victory in the semifinal at the World Cup of Hockey on Sunday.

Tatar kicked the puck to his skate and put a shot past a sprawling Henrik Lundqvist at 3:43 of the extra period. It was ruled a good goal after a quick video review, earning Europe a berth in the best-of-three final against Canada beginning on Tuesday.

Marian Gaborik had the other goal for Europe (3-1-0) while Jaroslav Halak made 37 saves.

Erik Karlsson and Nicklas Backstrom responded for Sweden (2-0-2) while Lundqvist stopped 28 shots.

Canada defeated Russia 5-3 in the other semifinal on Saturday night. THE CANADIAN PRESS

SUNDAY In Toronto

3	2
EUROPE	SWEDEN

OBITUARY

Marlins ace dies in boating accident

Jose Fernandez escaped from Cuba by boat on his fourth try as a teenager, and when his mother fell into the Yucatan Channel during the journey, he jumped in and pulled her out.

Fernandez's heroic backstory made his death early Sunday that much more heart-wrenching. The charismatic Miami Marlins ace was killed in a boating accident at age 24.

Fernandez and two other people died when their 32-foot vessel slammed into a jetty off Miami Beach, authorities said.

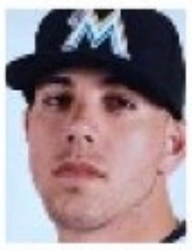
Authorities didn't know the time of the crash. The capsized boat was found shortly after 3 a.m.

"All I can do is scream in disbelief," said Hall of Famer Tony Perez, a Marlins executive and native of Cuba. "Jose won the love of all. I feel as if I had lost a son."

The Marlins' game Sunday at home against the Atlanta Braves was cancelled.

Within hours after the news broke, Marlins players gathered at the ballpark to grieve together.

"A lot of words were said — meaningful words and emotion and prayer," team president David Samson said. "Jose is a member of this family for all time."



Jose Fernandez
GETTY IMAGES

Samson spoke at a news conference while surrounded by every player on the Marlins, except their ace. The players wore team jerseys — black ones. Pitcher David Phelps stared at the floor and shook his head, while outfielder Christian Yelich took a deep breath and exhaled slowly. Their eyes were red.

The names of the other two individuals on the boat were withheld pending notification of relatives, the Coast Guard said.

Fernandez died from trauma and not drowning, said Lorenzo Veloz of the Florida Fish and Wildlife Conservation Commission.

Last week Fernandez posted a photo of his girlfriend sporting a "baby bump" on his Instagram page, announcing that the couple was expecting its first child. THE ASSOCIATED PRESS

IN BRIEF

Bills deal Cards a beating

LeSean McCoy scored twice and safety Aaron Williams returned a botched field-goal snap 53 yards for a touchdown in leading the Buffalo Bills to a 33-18 win over the Arizona Cardinals on Sunday.

The Rex Ryan-coached Bills spent the past week taking the brunt of criticism after opening the season 0-2. The win came on the heels of Ryan firing offensive coordinator Greg Roman and replacing him with running backs coach Anthony Lynn.
THE ASSOCIATED PRESS

McIlroy wins playoff to capture FedEx Cup

Rory McIlroy finally won the FedEx Cup when he least expected it.

McIlroy was three shots behind with three holes to play Sunday in the Tour Championship. Nearly two hours later, he holed a 15-foot birdie putt on the fourth extra hole to win at East Lake in a playoff and claim the $10-million FedEx Cup bonus.

McIlroy was joined in a playoff by Ryan Moore (64) and Kevin Chappell (66).
THE ASSOCIATED PRESS

RECIPE Carrot & Chickpea Stew

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Fill your home with the amazing fragrance of this Moroccan-inspired veggie stew.

Ready in 1 hour 5 minutes
Prep time: 5 minutes
Cook time: 1 hour
Serves 6

Ingredients
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1 Tbsp minced ginger
- Tbsp olive oil
- 3 cups carrots, chopped in 1/4 inch rounds
- 1/2 tsp turmeric
- 3/4 tsp cinnamon
- 1 tsp chili powder
- 1 red pepper chopped
- 1/2 zucchini chopped
- 6 or 8 mushrooms chopped
- 2 cups of canned chickpeas, drained
- 1 cup chicken or vegetable stock

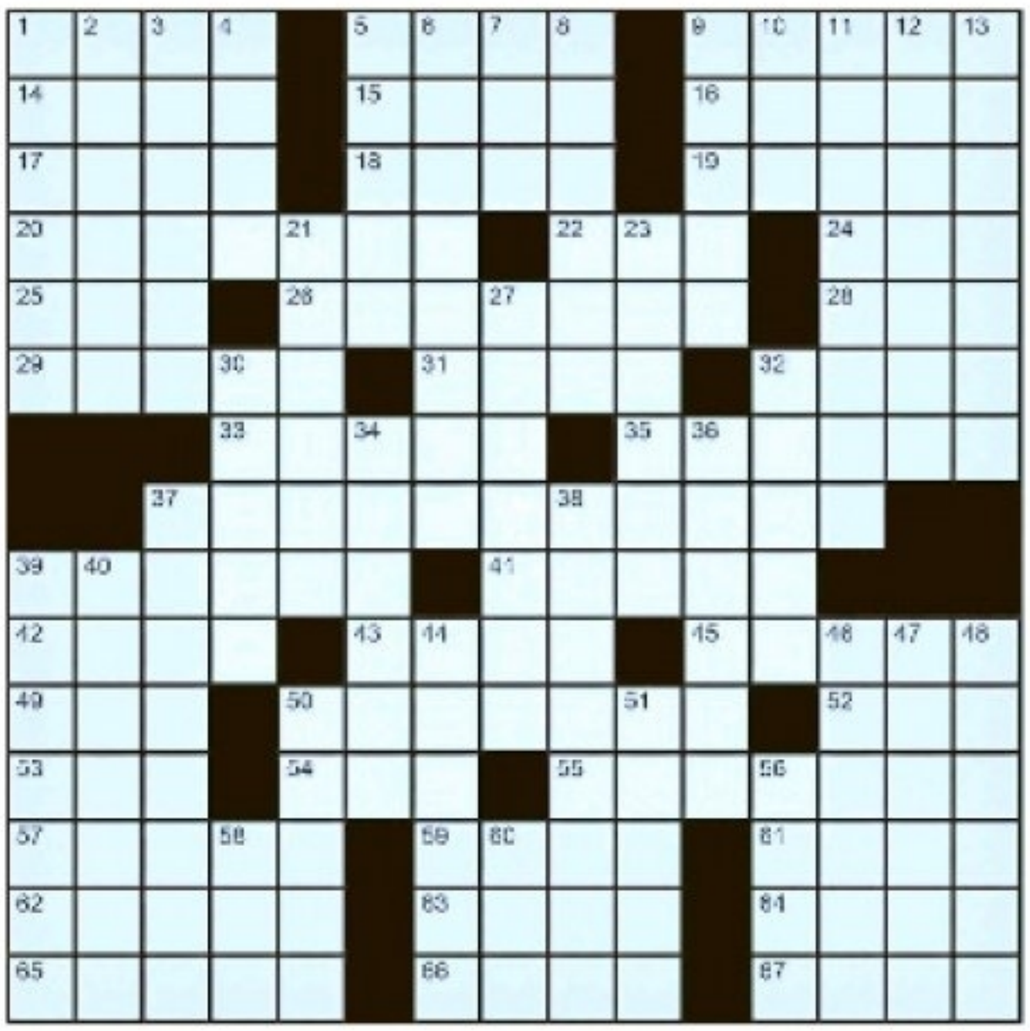
Directions

1. Sauté the onion, garlic and ginger in the olive oil until they're soft but not browned.
2. Add the carrots and the spices and a splash of stock to stop it from sticking.
3. Cook for 10 to 15 minutes, stirring occasionally.
4. Add the other vegetables and sauté for a couple of minutes.
5. Add the drained chickpeas and stock and simmer for an hour, stirring regularly.
6. Add salt and pepper to taste. Serve with a dollop of plain yogurt and some fresh cilantro.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Grind grub
5. Unruly crowds
9. Ring
14. Libertine
15. Help with the bank robbery
16. Old alphabetic symbols
17. Bygone time
18. Tropical destination
19. Emergence
20. Light aircraft
22. Fond du __, Wisconsin
24. __-game show
25. Dance style
26. Predictors in the past
28. Pres. Eisenhower
29. Will, posh-style
31. Overcook
32. Small weight
33. Theatre lane
35. Shoelace tips
37. Prince William and Kate are currently on a what of Canada?: 3 wds.
39. Combed-for-fossils sedimentary layers
41. Kitchen gadget
42. Fires
43. In that case
45. Proclamation
49. In the style of: 2 mots
50. Non-verbally say "Oh, I couldn't even bear that!"
52. Greek alphabet's 19th letter
53. Zodiac animal
54. 'Ideal' suffix
55. Whistle-holding cord
57. Expanse-related
59. Tel __, Israel
61. Choir voice
62. Lettered/numbered balls game
63. 2009 Kate Hudson movie musical
64. Docking spot
65. Stuffs with foodstuffs
66. Droops
67. Back talk

DOWN
1. Horror movie haunts
2. "Whoopee!"
3. Galilean moon of Jupiter
4. Do a boo-hoo-hoo
5. "Finding Vivian __" (2013)
6. __ course
7. "The Fresh Prince of __-Air"
8. Stanley's wife in "A Streetcar Named Desire" (1951)
9. Comfy shoes brand
10. Sweetie
11. Motivator
12. Kalahari Desert animal
13. Reverences
21. John Belushi's character in "The Blues Brothers" (1980), '__ Jake Blues
23. Refresh the lawn
27. Said that word photographers say to say, say
30. Ms. Turner's
32. Pasted
34. Scythe tracks
36. Regulate
37. Decoration
38. __ wood
39. Sacred beetles of ancient Egypt
40. Greek Myth: Winged sandals worn by ancient messenger Hermes
44. People
46. Roma's realm
47. __ du jour (Montreal 'menus')
48. Henry VIII, and kin
50. Country towers
51. Roof rim things
56. Puppy protestations!
58. Stone __
60. Through

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's Monday — but it's a playful Monday for your sign. Accept invitations to party. Focus on creative activities, sports, the arts and romantic diversions. Stir up some fun!

Taurus April 21 - May 21
Focus on home, family and your private life today. In fact, a conversation with a parent or a female relative could be important for both of you. Go with the flow.

Gemini May 22 - June 21
A short trip and a chance to talk to siblings and relatives probably are on the menu for you today. This is a fast-paced, busy day full of errands and little tasks.

Cancer June 22 - July 23
Money and cash flow are on your mind today. Perhaps this is because you are redecorating at home and possibly exploring future real-estate opportunities.

Leo July 24 - Aug. 23
Because the Moon is in your sign today, why not ask the universe for a favor? For two days every month, the Moon is in your sign making you a little luckier than all the other signs.

Virgo Aug. 24 - Sept. 23
Work alone or behind the scenes today. Keep a low profile. It's just that kind of day.

Libra Sept. 24 - Oct. 23
Interactions with a female friend will be important today. You might want to share your hopes and dreams for the future to get others' feedback.

Scorpio Oct. 24 - Nov. 22
A discussion with a female authority figure (boss or parent) will be significant today. At the very least, listen to what is said. (You never know where you will next hear some wise advice.)

Sagittarius Nov. 23 - Dec. 21
Travel will appeal to you today, because you want to broaden your horizons. Make an effort to learn something new. Go someplace you've never been before.

Capricorn Dec. 22 - Jan. 20
Address issues related to inheritances and shared property today so that you are caught up with red-tape details. Don't let this stuff fall behind.

Aquarius Jan. 21 - Feb. 19
Conversations with partners and close friends will be significant today. Be prepared to agree and go along with what's being proposed.

Pisces
Feb. 20 - March 20
Do something to feel better organized today. Set aside 10 or 15 minutes to tidy up your scene or get rid of something you no longer need. Streamline your space!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

8	7					1		
1			9		6			
					2			4
	4					7	5	
				9				
	5	7					1	
7			2					
			3		9			6
		6					4	7

FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

3	6	5	7	1	4	9	2	8
2	4	9	8	3	5	1	6	7
7	1	8	9	6	2	4	3	5
6	8	4	5	2	9	7	1	3
9	2	1	6	7	3	5	8	4
5	3	7	1	4	8	6	9	2
1	7	3	4	8	6	2	5	9
8	9	6	2	5	7	3	4	1
4	5	2	3	9	1	8	7	6

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GRAND OPENING
THIS WEEKEND

RIVERSIDE SINGLES & TOWNS IN OLD OTTAWA EAST

Welcome to Northshore at Greystone Village, a limited collection of Riva Towns and Vista Singles alongside the Rideau River, steps to hiking, biking and water sports and minutes to downtown. Featuring urban two-bedroom plus den Townhomes with contemporary features and two to three bedroom plus den Singles with meticulously finished and well-appointed spaces.

NORTHSHORE
AT GREYSTONE VILLAGE

REGIONAL

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Renderings are Artist's Concept. E. & O. E.